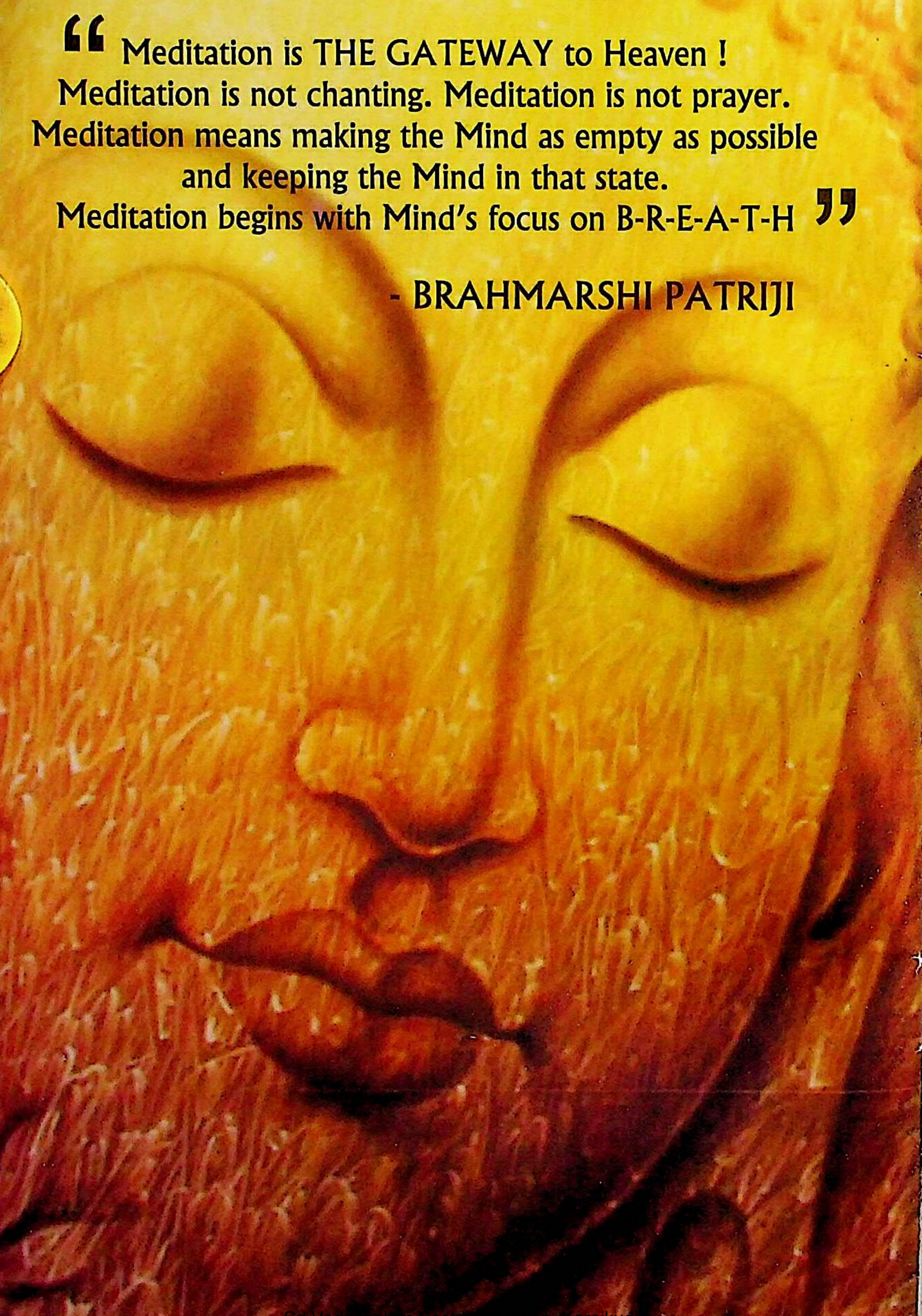
MEDITATION
IS
VERY VERY EASY



“ Meditation is THE GATEWAY to Heaven !
Meditation is not chanting. Meditation is not prayer.
Meditation means making the Mind as empty as possible
and keeping the Mind in that state.
Meditation begins with Mind’s focus on B-R-E-A-T-H ”

- BRAHMARSHI PATRIJI

Sri Vedachalam Sastri ... Karaikudi

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" What is Meditation ? "

In simple language.. **Meditation is " total cessation.. or ending.. of the restless, useless, wasteful thought-stream of the mind ".** A state, free from all stray and idle thoughts, **meditation** is the grand gateway to obtain cosmic energy and cosmic intelligence that surrounds us.

Meditation means making our mind ***'rather empty'***. Once our mind is more or less empty, we have a tremendous capability of receiving cosmic energy and cosmic information surrounding us. This leads to good health and absolute clarity in thought processes leading to a joyous life!

Meditation is the grand portal to the Kingdom of Spiritual Wisdom and it revolutionizes our spiritual growth.

With regular and deep practice, we do reach altered states of consciousness or higher frequencies and experience bliss quite naturally.

Anyone can practice **Meditation** without necessarily holding on to any religious or mystical philosophy.

" Meditation is Very Very Easy "

Meditation is very, very easy to practice.

It is so very simple. One should immediately begin with the practice of ' Anapanasati ' in which one needs to be mindful of one's Natural Breath.

In ' **Pali** ' language,

' **Ana** ' means ' **In-Breath** '
' **Apana** ' means ' **Out-Breath** '
' **Sati** ' means ' **Observe** '

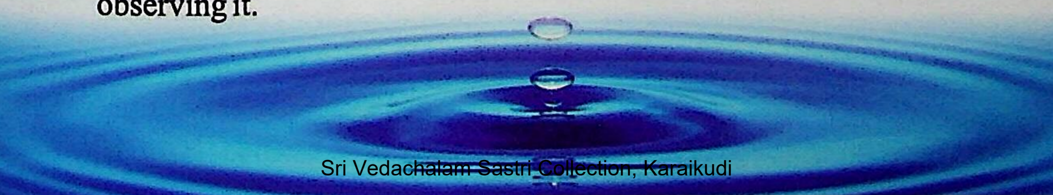
Gautama Buddha taught this technique of meditation two thousand and five hundred years ago.

In " Anapanasati ".. one needs to maintain normal breathing. Breathe calmly ! The task on hand is to consciously observe the naturally happening Breath.

Breathing should be natural, without any effort on our part. There should not be any holding or stopping of the Breath. Whenever the mind wanders, one has to consciously cut the " stray thoughts " and bring one's attention back again and again to the natural rhythm of breathing. Relax, and become the grand ' observer ' of the Breath !

Being conscious of the normal breathing process means, no unnecessary thoughts are allowed to occupy our mind ; unnecessary thoughts distract us and scatter our SOUL'S energy.

Stray thoughts should be brought to a halt as and when they keep arising. " Observation " means, we are not influencing the Breath in any way with any of our material senses or thoughts; we are simply observing it.



" Science of Meditation "

The Science of Meditation is the science of energy-maximization and the science of the activation of our ' extra-sensory perception ' or the '*third-eye*'.

Meditation .. in the beginning .. means making the worldly-mind calm. Soon, a deep spiritual restful-state is attained. When the largely inconsequential worldly-mind becomes rather empty, a huge amount of cosmic energy begins to flood into the physical body. As we keep on meditating, newer and newer vistas of profound experiences enfold us and we reconnect with the cosmic consciousness. **Meditation** means entering into a world of wonders awaiting to be experienced. The more we keep practising meditation, the easier it gets.

One need not go to any particular 'ashram' or a 'holy' place and give up our normal activities as a house-holder to be an Anapanasati Meditator.

We must carry on with our normal life .. be in our normal conditions .. and see how the power of meditation transforms us and helps us to do better in every sphere.

In the beginning, it is .. of course .. useful to meditate in the presence of Senior Masters. They have higher energy levels and the energy flows from them to the beginners .. who, of course .. have lower levels of energy.

Once we learn the " Anapanasati Technique ", there is no need to be in the presence of a Master or " Guru ". We may practice Anapanasati at will, on our own. However, one needs to practise meditation on a regular basis. Consistency is the name of the game. Initially, there will be some resistance as we strive to tame our ' **monkey-mind** ', but it gets easier and easier with repeated everyday effort.

One can meditate at any time of one's choosing according to what suits one's convenience. However, it is important to practise meditation regularly .. every day .. that is all that is needed.

The important thing is to just meditate, ignoring the ' how ' and ' why ' of the matter ! Everything else will fall in place once we begin this timeless practice of the ancient Rishis and all current Living Masters.

Meditation is the greatest gift, which can be given by our own efforts to our own lives. Spiritual Health is a very important and integral part of the Holistic Health needed in human beings. Spiritual Health is the root and Physical Health is the fruit.

" Three Grand Happenings "

As a meditator begins his meditational journey, he/she is able to observe his/her thoughts and the truth objectively.

He/she then starts traveling from grosser truths to subtler truths and finally witnesses the Ultimate Truth. This grand voyage in consciousness can only be done by exploring the reality within oneself.

Though the different stages in meditation cannot be clearly earmarked from one another with any definitive boundary line, for our own understanding, here are " Three Stages " or " Three Grand Happenings ".

The First Happening : When we are with the normal and natural flow of the BREATH, the mind becomes rather empty.

The Second Happening : When the mind is rather empty, a huge amount of cosmic energy gets flooded into the physical body.

The Third Happening : When sufficient amount of cosmic energy enters the physical body, the result is a reasonable amount of activation of the '*third-eye*'.

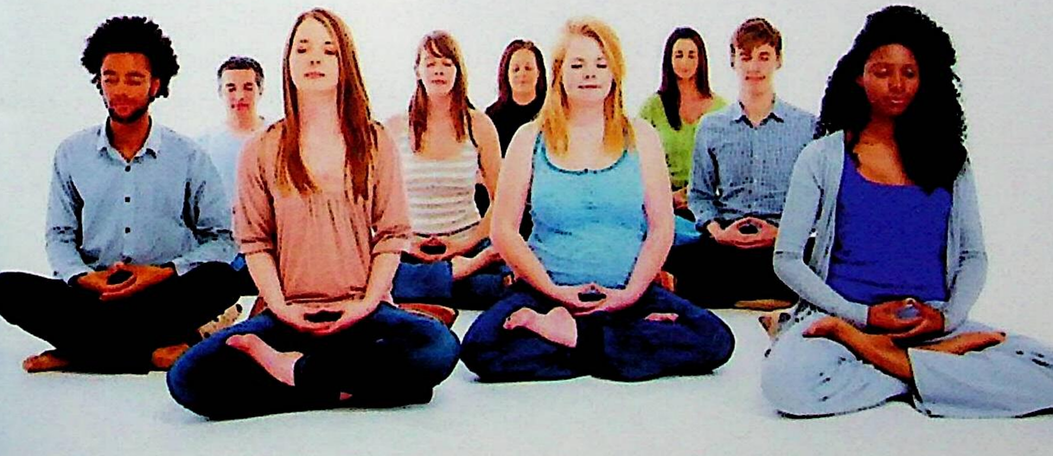
The culminating result in meditation is the activation of our ' inner senses ' or ' extra-sensory perception ' or the '*third-eye*'.

" Anyone can Meditate "

In fact, **children take to meditation faster and in an easier way compared to adults as children have such simple minds.**

While sitting down for meditation, concentration comes to children quite easily. Adults have to try a little harder to tame their ' monkey mind ' that jumps constantly from one thought to another.

Irrespective of one's creed, color or religion, one should practice this universal art .. every day .. at a time of their own choosing.

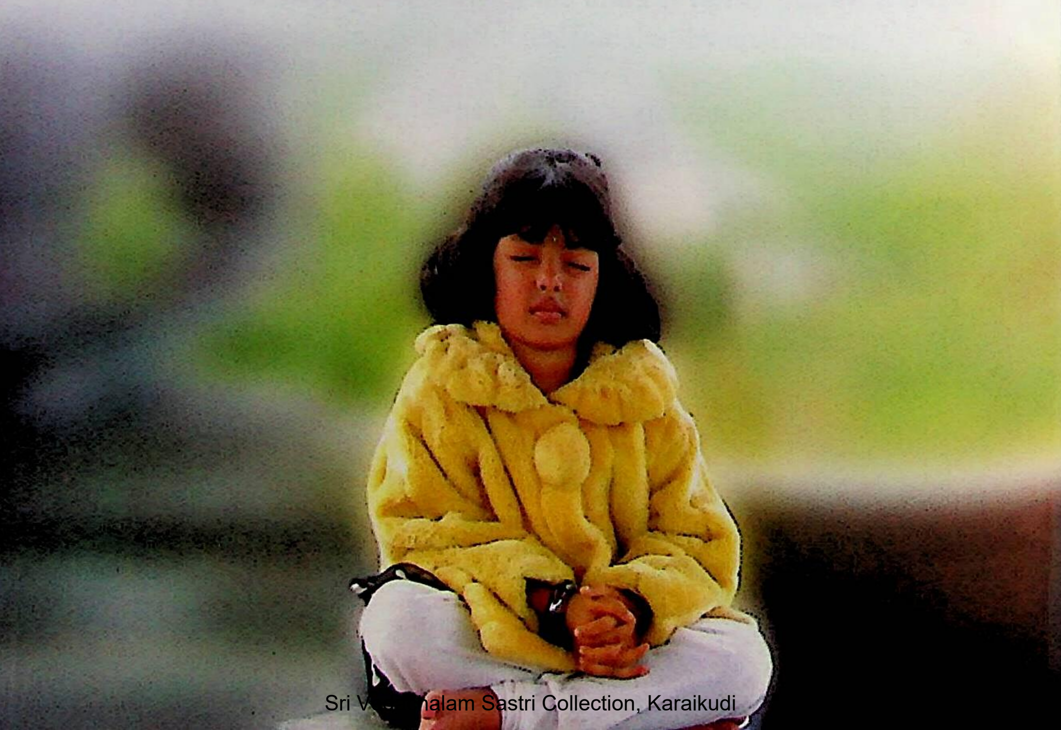


" Posture for Meditation "

To meditate, we can sit in any comfortable posture. Feet should be crossed or legs folded; hands should be clasped. And, eyes should be closed.. because **eighty percent of the stimulation to our brain happens only through our eyes.** Closing our eyes will restrict the 'outward' flow of 80% of body's energy.

The objective of **meditation** is to stop all the routine and useless wanderings of the mind. Simply observe your breath, instead of spending too much time thinking about *'this and that'*, and let your journey begin.

Meditation is the ability to have clarity .. untainted by feelings, attitudes, memories, negative thinking .. while not allowing other irrelevant thoughts to enter our mind. Once this is accomplished, we are in control of our thinking and we are firmly on the road to develop spiritual powers at will !



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" Meditation .. for How Long ? "

One very natural query is, " For how long should one sit for ***meditation ?*** Is there any thumb-rule that works for everyone ? " Yes .. there is ! !

Meditate for a minute corresponding to every one year of your age. So, if you are 20 years of age, start with twenty minutes of meditation in a day; if you are 40 years of age, you need to meditate for forty minutes .. and, if you are 60 years of age, sixty minutes of **meditation** in a day is sufficient.

One can meditate at any time of the day according to one's own convenience. If a 50 year old wants to break up his **meditation** session into two sessions of twenty five minutes each during the day.. it is 'okay' initially.

Meditation is the first step towards controlling our material mind and outward senses. While meditating deeply, time passes quickly.. so do not be surprised if fifteen or thirty minutes in **meditation** seem like five !

Any struggle to keep eyes closed and keep thoughts away is only in the initial stages. Once you are into deeper levels of **meditation,** you tend to lose track of time .. as it is only in the material world that we do have a sense of time. In meditation, the Soul/ Self gets connected to timelessness.

It is ancient wisdom that one can vitally recharge every cell of the body by taking to **meditation** and by the exercise of will to tap the cosmic source of energy.

" Experiences during Meditation "

Depending on the intensity of our **meditation** and our particular evolutionary needs, initially, we may get many custom-made experiences. For example, a beginner in **meditation** may experience one or more of the following:

- A feeling of '***lightness***' in the physical body ·· as if the body is non-existent
- A feeling of '***heaviness***' in the head or any other part of the body
- One may '***see***' colours, one or more of them
- A feeling of mild to severe '***pain***' ·· especially in the lower back region
- A '***whirling sensation***' from within
- One may feel as if one is '***floating***' in the air or flying like a bird
- Clear and '***vivid visions***' may be seen of natural scenery or of places of worship or of deities or gurus etc. These are known as '***third-eye visions***'

" Exchange of Experiences "

All experiences experienced in the process of **meditation** should readily be shared with other meditators. We must not be judgmental or entertain any doubts about these experiences.

As we proceed further in our spiritual journey through more and more regular meditation, we begin to understand each and every physical experience and this will lead to a greater transformation within.

We can also self-assess or evaluate our progress by exchanging our experiences with other senior meditators. Everyone benefits from this simple and magnificent ancient Art and Science of " Anapanasati ".

" Benefits of Meditation "

Benefits of taking to Meditation are manifold :

- Mind always stays in a peaceful and joyous state ..
- Memory power increases ..
- All work gets done with greater efficiency ..
- Sleep-time requirements get reduced ..
- Thought power gets tremendously boosted .. Ability to discern ' right' from 'wrong' gets sharpened ..
- Wasteful habits die a natural death ..
- Healing happens naturally ..
- Relationships become more meaningful and fulfilling ..
- Purpose of life is better understood ..

- **Joyous Mind :**

Life is full of failures, insults and pains for any given person. However, for a person with spiritual knowledge and spiritual energy, life becomes always peaceful and joyful·· in spite of all the failures, insults, and pains.

- **Enhancement of Memory Power :**

The abundant spiritual energy gained in meditation helps the brain to work more efficiently and to its maximum capacity.

Meditation enhances memory power tremendously. ***Meditation is absolutely essential for all students, both at the school level and at the university level.***

- **Increased Work Efficiency :**

In the presence of abundant spiritual energy and spiritual wisdom, all work ·· be it physical or mental ·· gets done with greater efficiency.

- **Reduced Sleeping Time :**

Abundant spiritual energy is obtained in meditation. Only a fraction of that energy is obtained during sleep. Half-an-hour of deep meditation is equivalent to six hours of deep sleep, in terms of rest for the body and energy for the mind.

Power of Thought :

Thoughts need power to reach their particular targets. In a restless state of mind, thoughts are produced with least power. Therefore, they don't reach their respective targets. However, in the presence of a restful state of mind, thoughts acquire greater power and all intents get dramatically actualized.

Right and Wrong :

For a spiritually mature person, there are no dilemmas about making the Right Choices.

End of Wasteful Habits :

There are several wasteful habits like over-eating, over-sleeping, over-talking, over-thinking, over-drinking etc., etc. With spiritual wisdom and spiritual energy obtained from meditation, all wasteful habits die naturally.

Healing Happens Naturally :

All physical afflictions are because of mental worries. All mental worries exist primarily because of intellectual immaturity. Intellectual Immaturity exists because of lack of spiritual energy and lack of spiritual wisdom.

Again, all diseases exist primarily because of prior negative karma. Until and unless the negative karma is neutralized, the disease will not vanish. No medicine will ever be of any help to clear the negative karma. Through meditation, when we get abundant spiritual energy and spiritual wisdom, the intellect automatically becomes spiritually mature. By and by, all mental worldly worries cease and all physical afflictions disappear. ***Meditation is the only way to heal all diseases, at the fundamental level.***

✪ Qualitative Relationships :

Lack of spiritual wisdom is the only reason why inter-personal relationships lack qualitative engagements and are so unfulfilling. In the presence of spiritual wisdom, all inter-personal relationships become more meaningful and more fulfilling.

✪ Purpose of Life :

We are all born with a particular purpose, with a particular mission, with a particular design and with a particular plan. Only the spiritually mature can understand and be aware of their particular purpose, mission, design and plan in their lives.

In **meditation**.. the Soul / Self breaks out of the cocoon of spiritual ignorance. More **meditation** leads to newer and newer personal experiences and the grand understanding of the infinitely expansive reality of the Cosmos. This is ' Enlightenment '. Anyone can meditate. This most important practice is for everyone .. children.. youth and adults !

" Meditation and Enlightenment "

Enlightenment is ' ***awareness*** ' that everybody is potentially divine and infinite.

You are your own **Guru;** no one can make you enlightened ·· nor can you give enlightenment to others.

One has to walk this path by oneself ·· for one's own self. One is born on this Earth exclusively for one's spiritual growth. Hence, the spiritual choices he/she makes are of utmost significance.

By practising regularly ***Anapanasati*** **meditation** ·· and by constantly refining and fine-tuning all our intellectual concepts through right spiritual reading and by seeking the right spiritual company, one can easily realize the ultimate truth in this very life-time itself.

Sri ection, Karaikudi

" Is Meditation alone Enough ? "

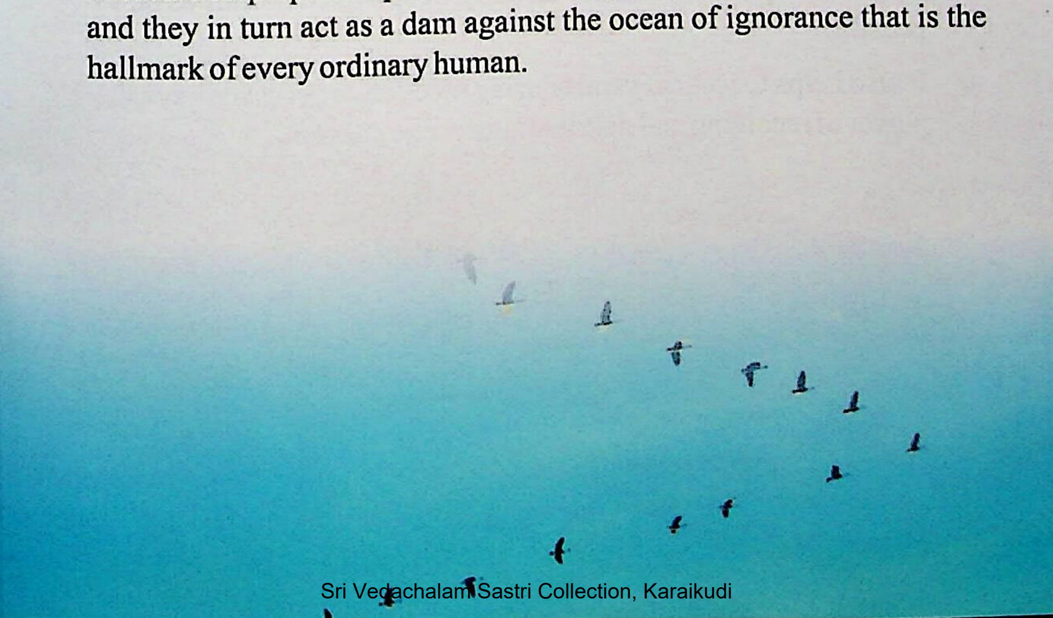
By doing **meditation,** a meditator will become basically enlightened .. but that alone is never enough! Alongside meditation, ' Swadhyaya ' or **" study of spiritual books "** accompanied by **' Sajjana-Sangatya '** or **" getting into intimate company of enlightened masters"** is a must !

" Swadhyaya " involves reading all spiritual books written by all great masters that exposes us to all the wise concepts enabling us greatly to cultivate the power of discrimination. Our intellect gets immensely nurtured by reading good and meaningful spirituo-scientific books.

Keeping good spiritual company .. **" Sajjana-Sangathya "** .. helps us in so many ways. We learn from the enlightened experiences of other masters and we learn to hasten our progress tremendously in the path of spiritual growth.

" Sajjana-Sangatya " really is not just socializing in spiritual circles to escape the monotony of everyday worldly-life ; it is the gathering of precious gems of spiritual wisdom from everyone in the field.

Meditation prepares a person for Swadhyaya and Sajjana-Sangathya .. and they in turn act as a dam against the ocean of ignorance that is the hallmark of every ordinary human.



"Additional Tips for Meditation"

To facilitate good and proper meditation...

- It helps to wear loose, comfortable clothes while sitting for meditation
- Sit in a calm, cozy place
- It helps to drink some water before meditating. A gap of half an hour or so after food may be helpful to some
- It helps to darken the place as much as possible wherever one is meditating ·· switch off the lights, draw the curtains ·· ward off unnecessary stimulation
- Remove your eye-glasses/spectacles, if you are using any
- It helps to cross your feet, if you are sitting in a sofa or a chair. An unbroken flow of energy is maintained in this manner ·· with your eyes closed, fingers interlaced and feet crossed
- It helps very much if we meditate at the same place and at the same time, everyday
- For the best possible results·· initially, keep a fixed routine as far as possible
- It also helps to wear **crystals** during meditation ; crystals have the power of receiving and distributing cosmic energy

" More Powerful Meditation "

- **Group Meditation is three times more powerful than " Individual Meditation ".** It is even better if the group comprises of Senior Meditators
- **Full-Moon Meditation** (meditation done on a full-moon day) **is three times more powerful than ordinary non full-Moon meditation**
- ***Nature Meditation*** (meditation done in natural surroundings like mountaintop , lake side etc.) ***is three times more powerful than ordinary " inside the four walls " meditation***
- **Music Meditation** is again three times more powerful. You can listen to your own favourite classical **instrumental music**
- ***Pyramid Meditation*** *(meditation under a pyramid)* ***is three times more powerful than ordinary " no-pyramid " meditation***

" Pyramid Energy "

A **Pyramid** is the most stable structure, and one which receives the highest Cosmic Energy on this Planet Earth.

Pyramids, when built, angled in a way according to the great Pyramids of Egypt i.e., to their **golden angle of inclination of 51° 50'** and cardinal directions alignment, have been observed to be receiving the highest amounts of Cosmic Energy.

This is the reason for their being the store-houses of energy drawn from the universe. The power of the Pyramid is obtained through a blending of the radiated cosmic energy with that of the gravitational force of Earth.

A **Pyramid** has to be aligned to perfect cardinal directions -- North, South, East and West. Cosmic Energy gets accumulated most at 1/3rd height from the base of the **Pyramid.** This place is known as "King's Chamber".

Pyramid is a geometric energy amplifier.

When an object is placed inside the **Pyramid,** it receives amplified or stronger information about itself. This frequency raises the potential of the element and charges it. It makes no difference what is put into it.

The **Pyramid** puts things back the way they are supposed to be; it makes things more perfect.

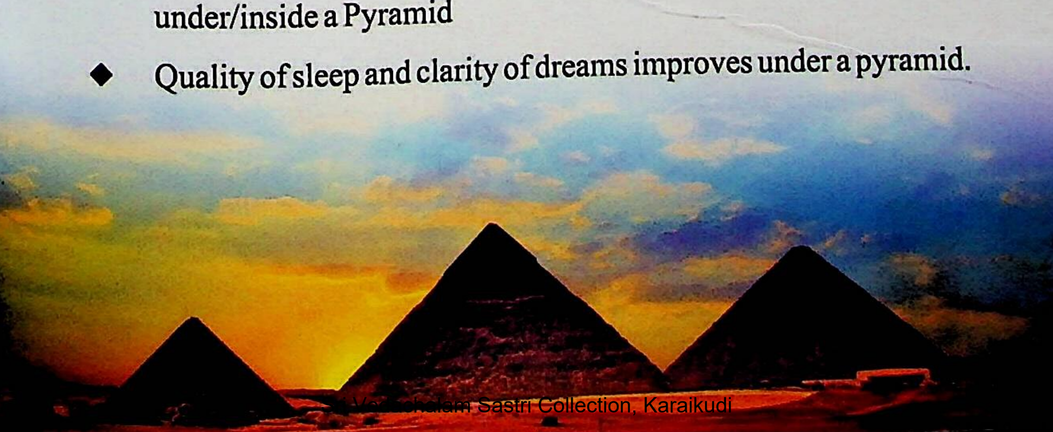
Any material can be used to construct a pyramid. It is enough if we know the base measurement alone for the construction of a Pyramid.

We can calculate the dimensions of the pyramid with the following formula:

Side of Pyramid = Base x 0.951
Height of pyramid = Base x 0.636
Height of King's Chamber = 1/3 x Height of pyramid

BENEFITS OF PYRAMIDS

- When the Pyramid energy is absorbed regularly, the body's immunity increases significantly
- When we drink water stored in a Pyramid for a minimum of three days, the universal energy reaches all parts of the body
- Memory power and concentration improves for students who wear Pyramid caps while studying
- There is a continuous flow of energy in the Pyramid. Irrespective of the number of people present, everyone receives equal energy from the Pyramid
- The power of our will (and what we think) increases under/inside a Pyramid
- Quality of sleep and clarity of dreams improves under a pyramid.



" Pyramid Meditation "

Meditation done inside or underneath a pyramid, is called *"Pyramid Meditation"*.

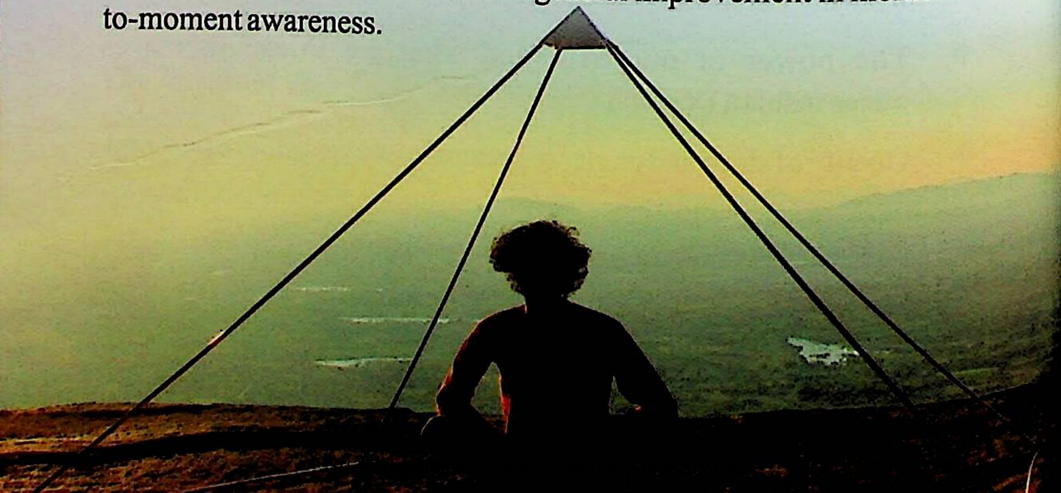
Most people, who have experimented with Pyramid Meditation, describe themselves as experiencing a total relaxation of their body, followed by a shutting out of all unnecessary external stimuli and irrelevant thoughts and finally achieving an altered state of consciousness which allows them to attain deeper inner levels.

Meditation done inside a Pyramid is " three times " more powerful than ordinary " no-pyramid " meditation.

Pyramids provide the most effective high-energy environment for all beginners of **meditation.**

Pyramids help to reduce the level of stress and tension in the physical body. Out-of-body experiences are easily obtained when meditation is done inside a pyramid. Dreams become clearer and they take the quality of a normal wakeful state.

The use of a **Pyramid** in **meditation** will accelerate the relaxation process, bringing feelings of calmness, well-being, and a more open and positive attitude. Many users have attested to the increased memory recall, sharper visions of past incarnations, greater amount of telepathic communication and a general improvement in moment-to-moment awareness.



" Pyramid Valley International "

at Kebbedoddi, near Harohalli 30 km from Bengaluru

" **Pyramid Valley** " ·· home for India's first largest Meditational Pyramid (160'x160'at base) ·· is an International Meditation Center serving individuals, societies and organizations in their quest for self-realization and spiritual wisdom and helps them unlock their hidden potential.

The " **Pyramid Valley** " has been set up with the core objective of providing a common platform for all world spiritual masters, to collaborate for achieving a peaceful and compassionate Planet Earth in the shortest possible time.

Objectives of the Centre : To spread the concepts of Science of Meditation, Vegetarianism, and Pyramid Power to one and all, and to serve as an **International Meditation Centre** for all sincere and serious meditation seekers and to serve as the central nucleus for all activities of Pyramid Spiritual Societies Movement.

www.pyramidvalley.org

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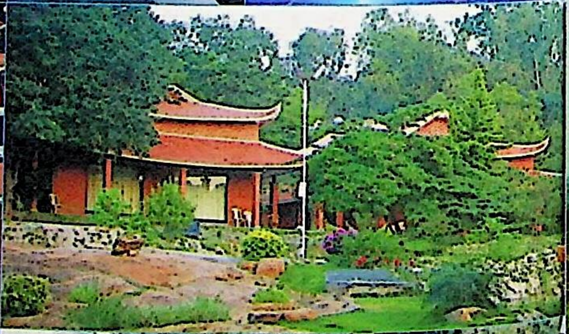

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" Maheshwara Maha Pyramid "

at Kadthal, 30 km from Hyderabad Airport

" Maheshwara Maha Pyramid " was constructed as part of a unique cosmic design, by Pyramid Spiritual Societies Movement.

Dimensions: 180' x 180' length and breadth and height 113.60'. Compares at 1/20th size of the famous Giza Pyramid perfectly aligned to True North. It has been built with granite, steel and lime stone.

About 6,000 people can meditate at a time inside this Pyramid. The huge King's chamber alone can seat 500 meditators.

(www.maheshwarapyramid.org)

" Sri Omkareshwara Ashtadasha Pyramid Meditation Centre "

at " Omkarapuri ", Brahmanapalli Village, Near Achchampet, Hyderabad-Srisailam Road

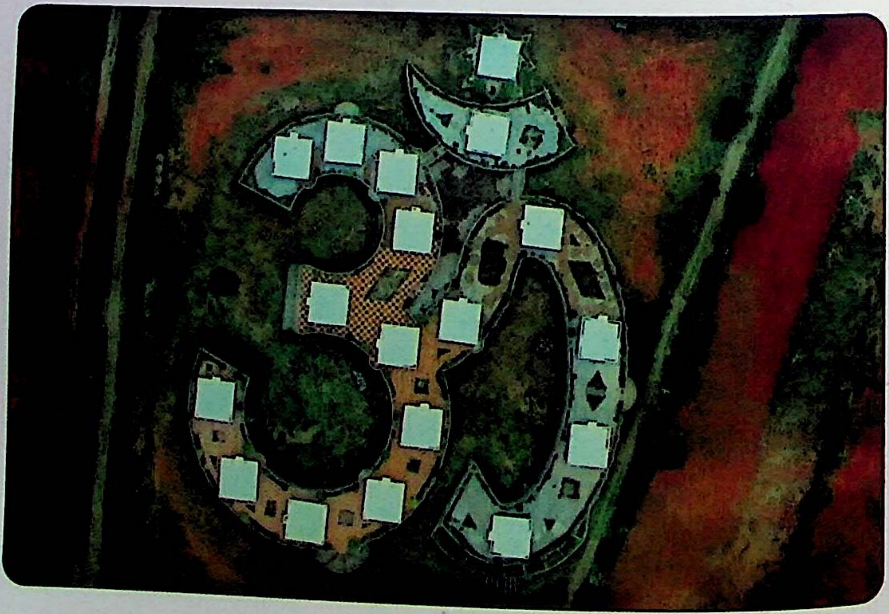
"Sri Omkareshwara Ashtadasha Pyramid Meditation Centre" constructed by 'The Pyramid Spiritual Society Trust ®' to spread spiritual education at free of cost. This centre is located near Achampet, (Telangana state) which is around two hours drive from Hyderabad International Airport.

SRI OMKARESHWARA ASHTADASHA PYRAMIDS

For the first time in the world, 18 pyramids of size 18' x 18' have been constructed in "OM" shape. About 1,000 members can sit and meditate in these pyramids.

MAIN PURPOSE OF MEDITATION CENTRE

To enlighten all kinds of people in meditation and spiritual knowledge and make them spiritually educated. The training for them will be under the guidance of experienced Pyramid Masters.



" Mind Miraculous "

" Mind = Life "

" MIND " is a complex phenomenon woven out of a huge bundle of thoughts/ desires/ intents/ purposes/ goals.

Particular inner intents invariably manifest as particular outer life-situations.

" MIND " is the " seed " .. " LIFE " is the " *tree* "

As we sow, so we reap.

" LIFE " is the great tree of creation that is issuing forth out of the seed of the Mind.

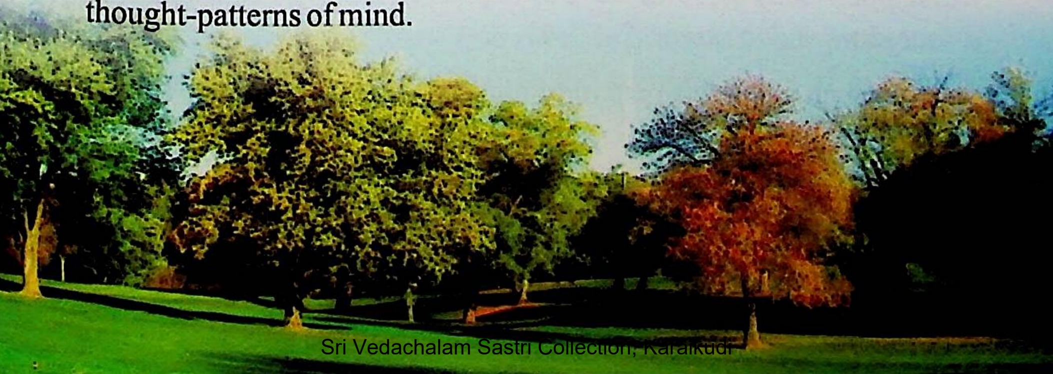
We are the CREATORS of all our on-going and continuous stream of intents and we are equally the sustainers / destroyers of our particular intent patterns of the **mind.**

At any given moment of time, we could always say ' no ' to a previous negative thought pattern of the mind .. and give birth to a new positive thought pattern of mind. The ball always is in our own court.

" coming out of childhood-conditionings "

In child-hood, parents/social environment provide for the growing thought/intent/cultural patterns of the child's mind.

However, as the child grows .. and as the child is becoming an young adult .. the onus falls on the young adult to give birth to a positive frame of mind. For the young adult, the time absolutely comes to begin to choose consciously all the socially useful and spiritual thought-patterns of mind.



" different thought-patterns of different Minds "

There are many, many thought-patterns of mind and it would be wise to choose the best pattern of them all. Basically, there are four main thought-patterns of human psyche.

I. Mind Disastrous II. Mind Negative III. Mind Positive IV. Mind Miraculous

I) Mind Disastrous :

Suppose a person is driving a car or a bike ·· for the first time ·· and he/she is driving into the downtown...

Now, if a person, he/she, possesses a "*disastrous*" thought-pattern of mind ·· he/she will say :

" Since I am driving for the first time into the downtown, I am terribly afraid that an accident may happen. "

With such a thought-pattern of mind, if a person starts driving, an accident will of course happen ·· because ·· he/she has actually said "*accident may happen*".

II) Mind Negative :

Now, in a similar situation a second type of person ·· a rather negative minded person ·· he/she, in a similar situation, would say :

" I am driving for the first time into the downtown. I don't know what will happen ·· may be, I will have an accident ·· may be, I will not have an accident ·· I don't know. "

So, with such a thought-pattern of mind, somehow, he/she will just avert a disaster.

But, he/she will land into some problem ·· like parking in a wrong place, going in a wrong by-lane etc. In this case there would be no "*disaster*" as such but there may certainly be "*a problem*".

III) Mind Positive :

Coming to the third type of a person ·· a positive minded person ·· he/she, is in similar situations, prone to say : "*Although this is the first time that I am driving my car into the downtown, it will be perfectly all right. Nothing untoward will happen.*"

Although it is the first time, he/she is going into the downtown, he/she will certainly manoeuvre himself/herself beautifully and return safely. There will certainly be no accidents and there will be no "*problems*" too ·· like going into wrong lanes etc.

Different wordings emanating from the mouth are sourced out of different patterns of mind. Souls at different levels of evolution have, of course, different thought-patterns of mind.

IV) Mind Miraculous :

The final ·· the fourth type of a person ·· " the MASTER " ·· is a person who maintains impeccably a pattern of mind that is called a miraculous one. He/she is also driving into the downtown for the first time. Yet, he/she is sure to say :

"*I will reach the targeted place comfortably and come back in twenty minutes.*"

So, even if it is the very first time, one can still set a target ·· a challenge ·· for oneself. That is the constant state of a master's miraculous mind.

Sri Vedacharam Sastri Collection, Karaikudi

For example, Jesus Christ's mind or Gautama Buddha's mind ·· you don't call such minds as " minds positive " ·· they are " *minds miraculous* ".

" flow of life follows goals set "

As we set our specific mind- level goals, ·· we give specific directions to our lives. If we don't set a specific goal ·· our lives will, naturally, drift and aimlessly wander. If we do not set a definite target, then, LIFE cannot know in which direction it has to GO and GROW. In such cases, LIFE cannot go, literally, anywhere.

We are always .. therefore ·· required to give specific directions to our physical, material lives through maintaining a specific pattern of mind ·· at the minimum, a ***"positive mind "*** ·· and at the maximum, a "***miraculous mind***".

" goals miraculous "

If we want our lives to be miraculous ·· we will have to cultivate a mind miraculous ·· and we will have to set **goals miraculous !**

If we have a disastrous mind ·· a disastrous life will automatically follow. If we have a negative mind ·· a negative life will automatically follow. If we possess a positive mind ·· a positive life will automatically follow. And, if we consciously cultivate a miraculous mind .. a miraculous life, again, automatically follows.

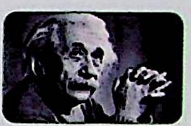
As the mind of a person is ·· so is the whole pattern of life that flows out of that person.

Intense *Anapanasati* meditation assures us that we always have such a state of miraculous mind.

Sri Vedachalam [illegible] Collection, Karaikudi

" Being a Vegetarian "

" Vegetarian food leaves a deep impression on our nature. If the whole world adopts vegetarianism, it can change the destiny of humankind. "



Albert Einstein

" The more we exert our loving kindness and protection towards all beings, the greater we will be in the world. "

Ching Hai

"Could you look at an animal in the eyes and say to it ·· 'My appetite is more important than your suffering ? ' "

Moby

" Non-violence leads to the highest ethics, which is the goal of all evolution. Until we stop harming all other living beings, we are still savages. "

Thomas A. Edison

" Vegetarianism is a conscious effort ·· a deliberate effort ·· to get out of the heaviness that keeps you tethered to the, Earth, so that you, can fly ·· so that the flight from the 'alone' to the 'Alone' becomes possible. "

Osho

" Veganism is not about giving anything up or losing anything; it is about gaining the peace within yourself that comes from embracing non-violence and refusing to participate in the exploitation of the vulnerable. "

Gary L. Francione

Sri Vedacha[illegible] Colle[illegible]aikudi

" Animals do not 'give' their life to us, as the sugar-coated lie would have it. No, we take their lives. They struggle and fight to the last breath, just as we would do if we were in their place. "

John Robbins

" If slaughterhouses had glass walls, everyone would be vegetarian. "

Paul Mc Cartney

" Life is as dear to a mute creature as it is to man. Just as one wants happiness and fears pain, just as one wants to live and not die, so do other creatures. "

Dalai Lama

" People eat meat and think they will become strong as an ox, forgetting that the ox eats grass. "

Pino Caruso

" My nutrition approach is based on intuition, logic, science and experience. All four of those led me to the truth that a low-fat, high-carb, mostly raw vegan life-style is the optimum, not only for my health, but most importantly for the wellbeing of the planet. "

Tim Shieff

“ Our indifference or cruelty towards fellow creatures of this world sooner or later affects the treatment we mete out to other human beings. ”

Pope Francis

“ I don't see why someone should lose their life just so you can have a snack. ”

Russell Brand

“ I've been a vegetarian for years and years. I'm not judgmental about others who aren't, I just feel I cannot eat or wear living creatures. ”

Drew Barrymore

“ I've been vegetarian since the 80’s and, lately, even vegan. And, I once happened to witness the slaughter of a cow. What atrocity must undergo an animal to satisfy the appetite of those fat men who eat hamburgers ! ”

Anthony Kiedis

COMPASSION
LOVE

Sri Vedachalam Sastri Collection, Kandikudi

“Recommended New Age Spiritual Books”

Author/s	Books
Anodea Judith	Chakras - Wheels of Life ; Eastern Body - Western Mind
Bill Schul & Ed Pettit	The Secret Power of Pyramids
Dan Millman	The Way of Peaceful Warrior ; The Journeys of Socrates
Deepak Chopra	Ageless Body-Timeless Mind ; Seven Spiritual Laws of Success
Don-Miguel Ruiz	The Four Agreements ; The Fifth Agreement
Eckhart Tolle	A New Earth ; Stillness Speaks ; The Power of Now
Eddie & Debbie Shapiro	Be the Change ; Meditation for Inner Peace ; The Unexpected Power of Mindfulness & Meditation
Frederick Lenz	Surfing the Himalayas ; Snowboarding to Nirvana
Gary Zukav	The Seat of the Soul
Jack Kornfield	Meditation for Beginners ; A Path with Heart
Jerry Hicks / Esther Hicks	Ask and it is Given ; The Law of Attraction
Jon Kabat-Zinn	Wherever You Go There You Are
Justin O'Brien	Walking with a Himalayan Master
Judy Satori	Sunshine Before the Dawn
Mary Olsen Kelly	Treasury of Light

Michael A. Singer	The Surrender Experiment : My Journey Into Life's Perfection
Mikhail Naimy	The Book of Mirdad
Neale Donald Walsch	Conversations with God 1, 2, 3,4 ; Home with God
Paramahansa Yogananda	Autobiography of a Yogi
Peter Richelieu	A Soul's Journey
Ram Dass	Journey of Awakening
Richard Bach	Jonathan Livingston Seagull ; Illusions ; One
Richard Gerber	Vibrational Medicine
Robert E. Svoboda	Aghora : parts - I,II,III
Robert Schwartz	Your Soul's Plan ; Your Soul's Gift
Ruzbeh N. Bharucha	The Fakir ; The Fakir .. the journey continues ; The Last Marathon
Shivkrupanand Swami	Samarpan Yog of the Himalayas : parts I to V
Sonia Choquette	Trust Your Vibes ; Soul Lessons & Soul Purpose
Swami Rama	Living with the Himalayan Masters
Swami Sivananda	Bliss Divine
Thich Nhat Hanh	Breath You Are Alive ; Transformation & Healing
Vera Stanley Alder	From the Mundane to the Magnificent ; The Fifth Dimension
Will Tuttle	The World Peace Diet

Appendix

“ sit for meditation ”

It is only when we sit down for meditation that we can analyze ourselves seriously without pretence.

Then the concept of a ' SELF ' or ' EGO ' disappears. We see only a conflux of mind and body void of any permanent entity, any core or an indestructible ego. Looked at from this point of view, we are neither oriental nor occidental, neither man nor woman. Life is just a process that goes beyond the boundaries of caste, colour, creed, race and space.

“ see yourself as you really are ”

So try to be straight, transparently straight with yourself, your feelings and thoughts. Try to see yourself as you really are and not as you appear to be.

Without it the beginner cannot lay the foundation on which the superstructure has to be built. And as truth is a personal and individual concern, neither information nor instruction can inspire a meditator unless he is trained in the methods of self-inquiry. Meditation, therefore, is vital because it is through meditation that the secrets of the mind can be unlocked.

“ mindfulness ”

“ Mindfulness ” prescribes the technique for mental culture. It shows us how to get beyond the intellect to the actual experience of life itself, to discover the deeper universal maladies of the human mind and to work for its deliverance -- supreme security from bondage.

" *Anapanasati* "

The method known as " *Anapanasati* " or " mindfulness of in-breathing and out-breathing. "

This is a well-known meditation liked and practiced by many the world over, a universally applicable method for concentrating and calming the mind.

It was used by the Bodhisatta, Siddhartha Gotama, when striving for enlightenment under the Bodhi tree, and the Buddha himself was emphatic on the importance of practicing it.

" not a breathing exercise "

This meditation is described as peaceful, sublime, unadulterated, happy living

(santo ceva panito ca asecanako ca sukho ca viharo).

It must, however, be noted that "*Anapanasati* " is not a breathing exercise for physical vigour and is not similar to *pranayama*.

For this meditation, one needs the sitting posture. Sit erect with legs crossed, but not stiff and rigid ; be mindful and alert. You may sometimes feel uncomfortable if the legs are interlocked, or if sitting on the hard floor interferes with your concentration.

Then you can adopt a posture that does not bring discomfort. You should sit comfortably -- but without lying back -- otherwise you may become sleepy.

Keep the body as motionless as possible, the mind alert and keenly observant. Body and mind alike must be as well strung as a bow, and as well-tuned as a lyre. Meditation is really a practical occupation. Try to do your meditation regularly and if possible, at the same time, every day because these psychological factors make for the success of meditation.

" in-breathing and out-breathing "

The in-breathing and out-breathing, we know, is automatic. Normally no one tries to breathe consciously or mindfully but when practising breathing meditation it is essential to breathe mindfully and to be aware of the breath.

The normal flow of breath should be noticed, observed. Breathing calms down the body and prepares it for deep meditation. Psychologists have recognized the value and importance of mindful breathing as tending to ease the tension of body and mind. This meditation is, therefore, a really practical occupation, therapeutic in the best sense of the word. It is not for mere intellectual understanding but to liberate oneself from mental defilements and to attain purity and peace of mind.

" being mindful of the breathing "

In this " breathing meditation ", the most important thing is to be mindful of the breathing. It is essential to be mindful, to be aware *(sati)*, and attentive and observant *(Anupassana)* in all the four types of meditation on mindfulness.

Relax utterly, leave the world of stress when you sit down for meditation. Start your meditation on mindfulness of in and-out-breathing *(Anapanasati)*. Your breathing should be very natural and effortless. Breathe calmly. There should not be any effort to control the breath. Merely allow the breath to ebb and flow freely in its own natural rhythm under the light of full awareness.

" focusing mind on the breath "

The meditator breathes in and breaths out mindfully with full awareness. He is mindful of the BREATH and not of himself. His one and only aim is to focus the mind on the breath to the exclusion of all other thoughts and to fix the mind there. When you practice MINDFULNESS on in-breathing and out-breathing, fix your attention at the point where the moving air strokes the nostrils or the upper lip.

Note your BREATH as it goes in and out, but do not follow the breath into your lungs or out into the air. There should not be any holding or stopping of your breath. It should be quite natural without any effort or force on your part. Keep your focus at the nose breath.

Whenever your mind wanders to other thoughts, be aware of them, but do not get involved in them emotionally or intellectually ; do not comment, condemn, evaluate or appraise them, but bring your attention back to the natural rhythm of your breathing.

You may also get mental images produced by memory or imagination, such as light, colour, figures, etc. Do not be deceived by them thinking that this is a mental development. Far from it, they are hindrances that retard progress.

" patience and efforts "

Become aware of these images without getting mentally involved in them ; bring your attention to your BREATH. One needs much patience and effort to get away from these by-products and to get busy with the real task of practicing.

[Source : " *The Spectrum of Buddhism* " by **Piyadassi**]

Miraculous Benefits of Pyramid Meditation

"Pyramid meditation"

Doesn't the word 'pyramid' remind you of Egypt? The three-dimensional triangular sides with broad bases and tampering tops are bound to appear in your head! These structures are storehouses of energy as they are build to incline towards Earth's magnetic field and are perfect receivers and transmitters of cosmic energy. Meditating under such a structure is called *'Pyramid Meditation'* and it gives the best results !

" Find the Pyramid "

It is simple as that. You either go to one of the pyramid centers that have cropped up across the city or build a basic three dimensional geometric structure at your place.

" Keep Away from Gadgets "

Remove the presence of any gadgets except may be a device to play soothing music while you meditate inside the pyramid.

Loose and light clothing will make you comfortable and better receptive to energy. A clean and odourless space will make it hassle-free for you to meditate.

" Meditation "

Sit down on comfortable mat in either the east, north-east direction and start your meditation by exhaling and inhaling deeply and feel your breath while you do so. Do this with composed mind set and be assured of feeling positive vibrations.

" Benefits of Pyramid Meditation "

1. Improves Eyesight : Pyramid meditation can help you improve and correct you vision. There are courses available on this, which help in strengthening the eye muscles as well as shaping the eyes.

2. Improves Hearing : There are a couple of hearing problems, which can be improved and sharpened by using the energy derived from pyramid meditation.

3. High Blood Pressure : High blood pressure is called hypertension. This can be significantly lowered if pyramid meditation is practiced every day. You can get relief from all kinds of stress and enjoy life to the fullest by practicing this form of meditation.

4. Treats Insomnia : There are millions of people all over the world who suffer from insomnia. Pyramid meditation can help in soothing the brain and relaxing the legs. People who have slept in the pyramids have seen a significant level of improvement in their sleeping habits.

5. Offers relief from Arthritis : Pyramid meditation is an ideal remedy for all those who suffer from arthritis. Even back can be eased if your practice this meditation every day.

6. Heals Sores and Broken Bones : One of the most unique and amazing benefits of pyramid meditation is the healing of sore and broken bones. Those who have strenuous lifestyle can definitely opt for pyramid meditation.

7. Removes Acne and Zits : You can get rid of all kinds of acne and skin problems with pyramid meditation. Keep a jar of Vaseline inside a small pyramid and allow it to be energized. Just rub it all over the pimple or white head and watch it vanishing.

8. Pyramid for Students : Pyramid meditation is very popular among students and teachers. It helps sharpen their memory and increase the confidence level as well. One can easily prepare for

their exams without feeling extra stress and anxiety.

9. Offers Energy : Drinking water that has been charged with pyramid energy is a better source of energy.

10. Provides relief from Headaches : If you suffer from migraines or headaches, you can definitely consider practicing pyramid meditation. This will help you find quick healing.

11. Offers relief from Irregular Periods : Women who have slept in the pyramids have reported improvement in their menstruation cycles.

12. Improves Cognitive Abilities : Pyramid meditation improves the function of the mind. it increases intelligence and concentration level. It also maintains emotional equilibrium.

13. Balances Hormone Levels : Pyramid meditation improves the functions of the thyroid gland, which produce hormones. Thus, it balances the hormonal levels in the body.

Pyramid meditation is an interesting, beautiful and simple way of bidding farewell to all your health problems, Once you make this a part your life, you will start seeing a difference sooner than you imagined.

Dr. Deepak Chopra

" Myths of Meditation "

Meditation has entered the mainstream of modern culture; it is prescribed by physicians and practiced by everyone from business executives, artists, and scientists to students, teachers, military personnel, and, on a promising note, politicians.

Despite the growing popularity of meditation, prevailing misconceptions about the practice are a barrier that prevents many from trying it. Here are seven common **meditational myths dispelled.**

Myth No. I

" Meditation is difficult "

Truth No. I

This myth is rooted in the image of meditation as an esoteric practice reserved only for saints, holy men, and spiritual adepts. In reality, when you receive instruction from an experienced, knowledgeable teacher, meditation is easy and fun to learn.

The techniques can be as simple as focusing on the breath.

One reason why meditation may seem difficult is that we try too hard to concentrate, we're overly attached to results, or we're not sure we are doing it right.

A teacher will help you understand what you're experiencing, move past common roadblocks, and create a nourishing daily practice.

Myth No. II

" You have to quiet your mind in order to have a successful meditation practice "

Truth No. II

This may be the number one myth about meditation and is the cause of many people giving up in frustration. Meditation isn't about stopping our thoughts or trying to empty our mind .. both of these approaches only create stress and more noisy internal chatter.

We can't stop or control our thoughts, but we can decide how much attention to give them. Although we can't impose quiet on our mind, through meditation we can find the quiet that already exists in the space between our thoughts.

Sometimes referred to as ' the gap ', this space between thoughts is pure consciousness, pure silence, and pure peace. When we meditate, we use an object of attention, such as our breath, which allows our mind to relax into this silent stream of awareness.

When thoughts arise ·· as they inevitably will ·· we don't need to judge them or try to push them away. Instead, we gently return our attention to our object of attention.

In every meditation, there are moments ·· even if only microseconds ·· when the mind dips into the gap and experiences the refreshment of pure awareness.

Myth No. III

" It takes years of dedicated practice to receive any benefits from meditation "

Truth No. III

The benefits of meditation are both immediate and long-term.

You can begin to experience benefits the first time you sit down to meditate and in the first few days of daily practice. Many scientific studies provide evidence that meditation has profound effects on the mind-body physiology within just weeks of practice.

For example, a landmark study led by Harvard University and Massachusetts General Hospital found that as little as eight weeks of meditation not only helped people experience decreased anxiety and greater feelings of calm, it also produced growth in the areas of the brain associated with memory, empathy, sense of self, and stress regulation.

Myth No. IV

" Meditation is escapism "

Truth No. IV

The real purpose of meditation isn't to tune out and " get away from it all " ·· but to tune in and get in touch with your true Self ·· that eternal aspect of yourself that goes beyond all the ever-changing, external circumstances of your life.

In meditation, you dive below the mind's churning surface, which tends to be filled with repetitive thoughts about the past and worries about the future, into the still point of pure consciousness. In this state of transcendent awareness, you let go of all the stories you've been telling yourself about who you are, what is limiting you, and where you fall short·· and you experience the truth that your deepest Self is infinite and unbounded.

As you practice on a regular basis, you cleanse the windows of perception and your clarity expands.

While some people do try to use meditation as a form of escape ·· as a way to bypass unresolved emotional issues ·· this approach runs counter to all of the wisdom teachings about meditation and mindfulness. In fact, a variety of meditation techniques have been developed to identify, mobilize and release stored emotional toxicity.

Myth No. V

" I don't have time to meditate "

Truth No. V

There are busy, productive executives who have not missed a meditation in 25 years.. and if you make meditation a priority ·· you will do it. If you feel like your schedule is too full, remember that even just a few minutes of meditation is better than none.

We encourage you not to talk yourself out of meditating just because it's a bit late or you feel too sleepy. In life's paradoxical way ·· when we spend time meditating on a regular basis ·· we actually have more time. When we meditate, we dip in and out of the timeless, space less realm of consciousness ·· the state of pure awareness that is the source of everything that manifests in the universe.

Our breathing and heart rate slow down, our BP lowers, and our body decreases the production of stress hormones and other chemicals that speed up the ageing process and give us the subjective feeling that we are running out of time.

In meditation, we are in restful alertness that is extremely refreshing for the body and mind. As people stick with their meditation ritual, they notice that they are able to accomplish more while doing less. Instead of struggling to achieve goals, they spend more and more time " *in the flow* " ·· aligned with universal intelligence that orchestrates everything.

Myth No. VI

" I'm supposed to have transcendent experiences in meditation "

Truth No. VI

Some people are disappointed when they don't experience visions, see colours, levitate, hear a choir of angels, or glimpse enlightenment when they meditate. Although we can have a variety of wonderful experiences when we meditate, including feelings of bliss and oneness, these are not the purposes of the practice.

The real benefits of meditation are what happens in the other hours of the day when we're going about our daily lives. When we emerge from our meditation session, we carry some of the stillness and silence of our practice with us, allowing us to be more creative, compassionate, centered, and loving to ourselves and everyone we encounter.

Myth No. VII

" Meditation requires spiritual or religious beliefs "

Truth No. VII

Meditation is a practice that takes us beyond the noisy chatter of the mind into stillness and silence. It doesn't require a specific spiritual belief, and many people of many different religions practice meditation without any conflict with their current religious beliefs.

Some meditators have no particular religious beliefs or are atheist or agnostic. They meditate in order to experience inner quiet and the numerous physical and mental health benefits of the practice -- including lowered blood pressure, stress reduction, and restful sleep.

[Source : https://www.speakingtree.in/article/myths-of-meditation]

Ven. K. Sri Dhammananda

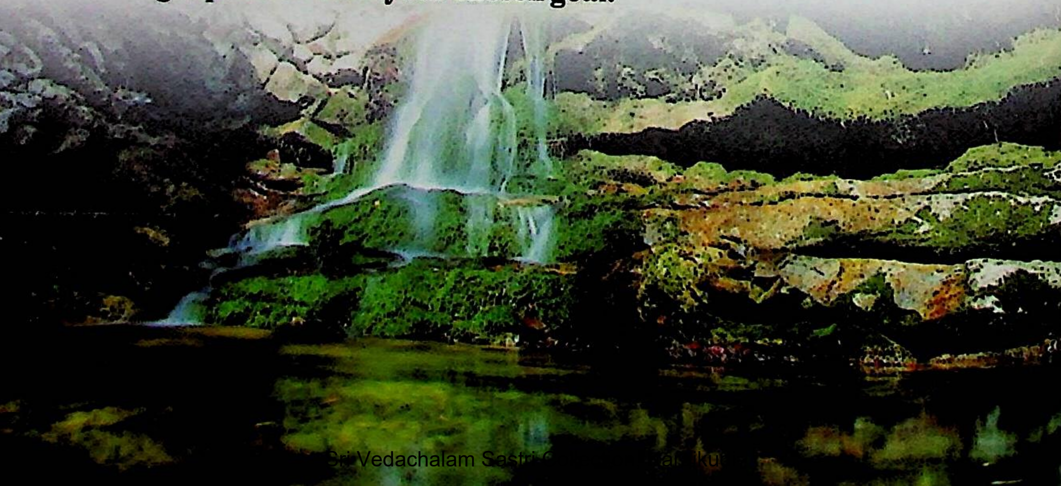
"Practical Benefits of Meditation"

The immediate purpose of meditation is to train the mind and to use it effectively and efficiently in our daily life.

The benefits of meditation can be summarized as follows :

- *" If you are a busy person "* ·· **meditation can help you to get rid of tension and to find relaxation.**
- *" If you are a worried person "* ·· **meditation can calm you and help you find peace of mind.**
- *" If you are a person who has endless problems "* ·· **meditation can help you to develop courage and strength to face and overcome them.**
- *" If you lack self-confidence "* ·· **meditation can help you to gain the self-confidence which is the secret of success in life.**
- *" If you have fear in your heart "* ·· **meditation can help you to understand the real nature of the problems that are making you afraid ·· then you can overcome the fear in your mind.**

- *" If you are always dissatisfied with everything and nothing in life seems to be satisfactory "* .. **meditation can give you the chance to develop and to maintain inner contentment.**
- *" If you are sceptical and uninterested in the religious way of life "* .. **meditation can help you to go beyond your own scepticism and to see some practical values in religious guidance.**
- *" If you are frustrated and heart-broken due to a lack of understanding of the uncertainty of life and the world "* .. **meditation can truly guide and help you to understand the fleeting nature of worldly conditions.**
- *" If you are a rich man "* .. **meditation can help you to realize the nature of your wealth and how to make use of it not only for your own happiness but also for others' happiness.**
- *" If you are a poor man "* .. **meditation can help you to develop contentment and not to harbor jealousy towards those who have more than you.**
- *" If you are a young man at the cross-roads of your life .. and you do not know which way to turn "* .. **meditation can help you to the right path to reach your chosen goal.**



Sri Vedachalam Sastri [illegible]

" Practical Benefits of Meditation "

- " *If you are an elderly man who is fed-up with life* " ·· **meditation can bring you to a deeper understanding of life; this understanding in turn will relieve your pains and increase the joy of living.**
- " *If you are hot-tempered* " ·· **you can develop the strength to overcome the weakness of anger, hatred, and resentment to become a more calm and sober person.**
- " *If you are jealous* " ·· **you can understand that negative mental attitudes never contribute anything for your benefit.**
- " *If you cannot reduce your craving for sense-desires* " ·· **you can learn how to become the master of your sense-desires.**
- " *If you are addicted to drinking or to drugs* " ·· **you can overcome the dangerous habit which has enslaved you.**
- " *If you are a narrow-minded person* " ·· **you can develop understanding that will be beneficial both to you and your friends and family to avoid misunderstanding.**
- " *If you are strongly influenced by emotions* " ·· **your emotions will have no chance to mislead you.**

- *" If you suffer from certain disorders such as nervous breakdowns and mental disturbances "* ·· **meditation can activate the positive forces in your mind and body to regain your health, especially if they are psychosomatic problems.**

- *" If you are a weak-minded person or one who maintains an inferiority complex "* ·· **meditation can strengthen your mind to develop courage to overcome your weaknesses.**

- *" If you are a wise person "* ·· **meditation will lead you to supreme wisdom. Then you will see things as they are, and not as they appear to be.**

The mind is the key to happiness, and also the key to misery. To understand the mind and to use it well is a task that transcends a peaceful and contented life.

[Source : ***" Meditation the Only Way "*** by **Ven. K. Sri Dhammananda**]

PSSM Websites

www.pssmovement.org

It is the official website of the Pyramid Spiritual Societies Movement (PSSM). Since its launch in the Year 2004, the website has been drawing increasing number of visitors who find it as a comprehensive source of spiritual knowledge, guidance on Anapanasati Meditation and update on PSSM activites.

So far, this WEBSITE has been brought out in twenty languages.

www.pyramidvalley.org

It is the official website of Pyramid Valley, home for First Largest Meditational Pyramid, Pyramid Valley is an International Meditation Center near Bengaluru serving individuals, societies and organizations in their quest for self realization and spiritual wisdom and helps them unlock their hidden potential.

www.maheshwarapyramid.org

It is the official website of Maheshwara Maha Pyramid, Kadthal, near Hyderabad. The pyramid is built primarily for Meditation and 6000 members can meditate at a time.

www.pyramidseverywhere.org

This website illustrates various pyramids constructed across different parts of India and rest of the world, a commentary on pyramid powers, and their uses and designs are also contained in the website.

www.vegetarianismeverywhere.org

This is an informative website about Vegetarianism and depicts work carried out by PSSM in this area.

www.enlightenmenteverywhere.org

This website documents the meditational experiences of Pyramid Masters across the globe.

www.spiritualsciencemuseum.org

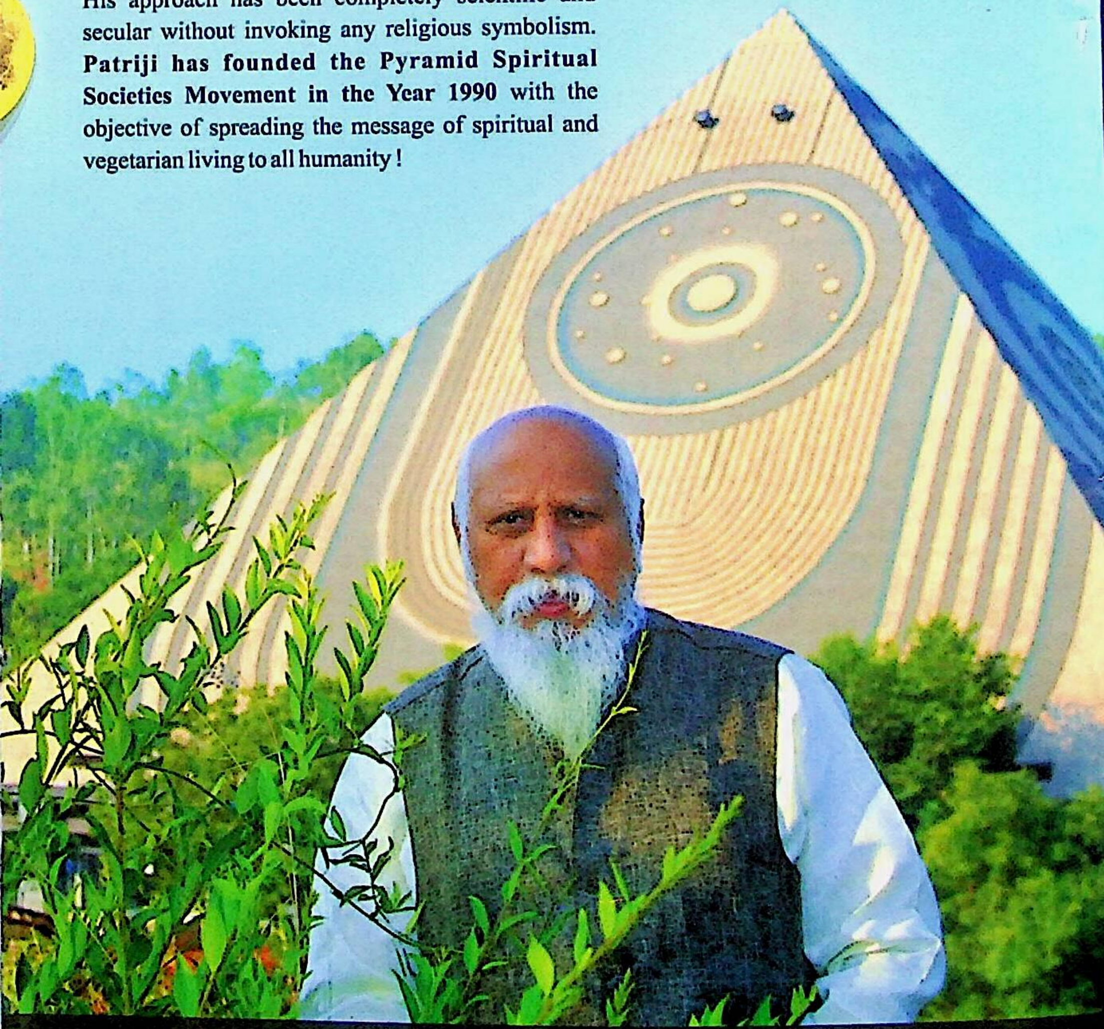
This website is a data bank containing details of Ancient Masters to current Living Masters with their profile, biography, book images, publication details, website information, etc.

www.pssmmuseum.org

This website archives the history and activities of PSSM from the 1980s to the current times.

Brahmarshi Patriji realized the power of meditation through his profound experiences early in his life and attained enlightenment in the Year 1979. Starting from a simple background as an executive in a Fertilizer Company in Andhra Pradesh, Patriji's mission has been to promote **Meditation** and **Vegetarianism** to people all over the world.

His approach has been completely scientific and secular without invoking any religious symbolism. **Patriji has founded the Pyramid Spiritual Societies Movement in the Year 1990** with the objective of spreading the message of spiritual and vegetarian living to all humanity !



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